

# Semper Fit

## Hypertension & Cholesterol Awareness



# Objectives

- ✓ Define hypertension
- ✓ List 4 risk factors for hypertension
- ✓ List 3 ways to reduce your risk for hypertension
- ✓ Differentiate between HDL and LDL
- ✓ List 3 ways to reduce your risk for high cholesterol



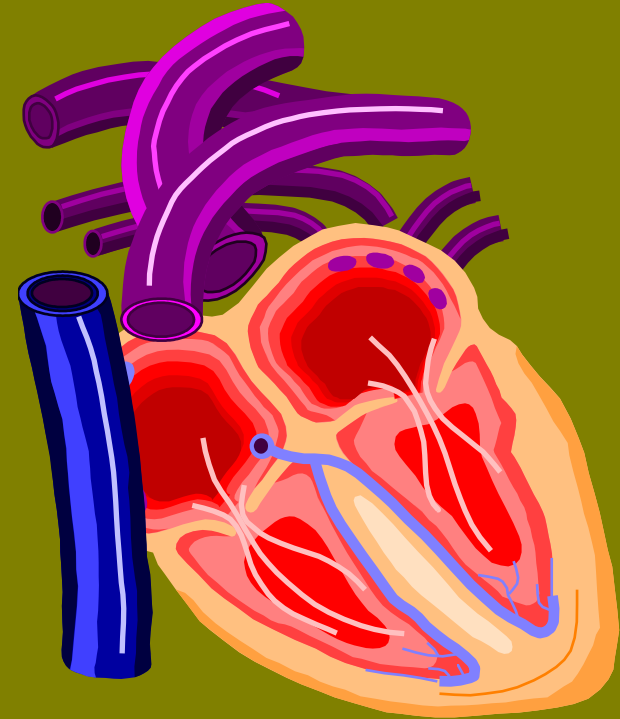
# What is Blood Pressure?

## Systolic

force of blood during  
contraction, upper  
number

## Diastolic

force of blood during  
relaxation of the heart,  
lower number



# What is Hypertension?

**Blood pressure that is consistently at 140/90 or greater is considered **HYPERTENSION!****



# What is Normal?

<u>Category</u>	<u>Systolic</u>	<u>Diastolic</u>
Normal	< 130	< 85
High Normal	130-139	85-89
Stage 1	140-159	90-99
Stage 2	160-179	100-109
Stage 3	<u>≥</u> 180	<u>≥</u> 110



# The Silent Enemy!

**Measurement is the  
only way to know if  
you have hypertension  
-- you will not feel it  
until it is too late!**



# Uncontrollable Increased Risk

- ✓ African Americans
- ✓ Elderly
- ✓ Family history of hypertension
- ✓ People with certain illnesses



# Controllable Risk Factors

- ✓ Not eating right
- ✓ Not exercising
- ✓ Poor stress management
- ✓ Obesity
- ✓ Heavy drinking
- ✓ Oral contraceptives





# Keeping it Low: Diet

- ✓ Eat healthy → low fat
- ✓ Control your sodium intake
- ✓ Include specific nutrients
- ✓ Reduce caffeine intake
- ✓ Reduce alcohol intake



# Sodium for 100g (3.5 oz) portion

<u>Food</u>	<u>Amount of sodium</u>
Processed Cheese	1189mg
Cooked Bacon	1021mg
Milk	50mg
Vanilla Ice cream	87mg
Banana	1mg



# Sodium: Regular Sized Fast Food

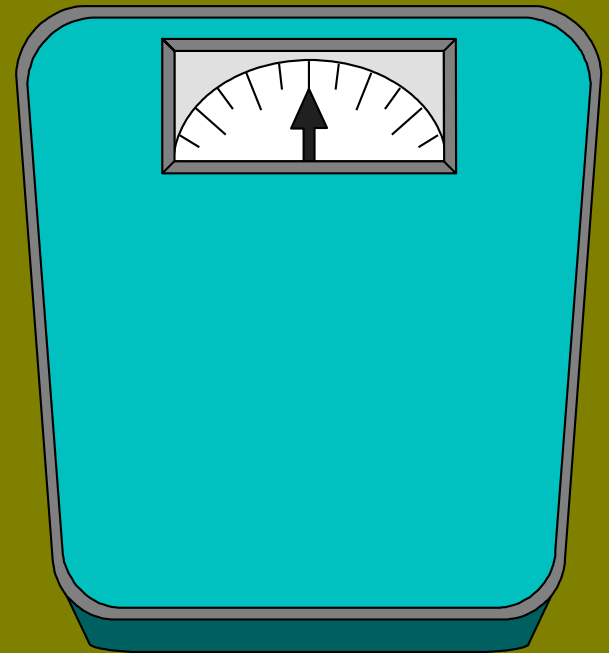
<u>Food</u>	<u>Amount of sodium</u>
KFC Original Recipe Chicken Sandwich	1213mg
BK Whopper	870mg
BK Whopper w/cheese	1350mg
Subway Veggie on Wheat	593mg
McDonald's Big Mac	1070mg



# Keeping it Low: Weight Control

## Maintain a Healthy Weight!

- ✓ Reduce caloric intake
- ✓ Increase activity
- ✓ Choose foods low in fat
- ✓ Watch serving sizes
- ✓ Follow Food Guide Pyramid
- ✓ Attend classes, if needed



# Keeping it Low: Exercise

- ✓ Increase physical activity
- ✓ Exercise at your target heart rate



# Keeping it Low: Finding Your Target Heart Rate

Step 1: Maximum Heart Rate = to 220  
minus your age

Step 2: Lowest target heart rate is equal to  
 $\text{MHR} \times 60\%$

Step 3: Highest target heart rate is equal to  
 $\text{MHR} \times 85\%$



# Keeping it Low: Stress Management

## Learn to Manage Your Stress!

(Call to find out about further  
resources on Stress Management)



# Keeping it Low: Smoking

Quit using tobacco and the  
effects on your blood  
pressure will be reversed!





# Keeping it Low: Know Your Medications

Talk to your doctor!



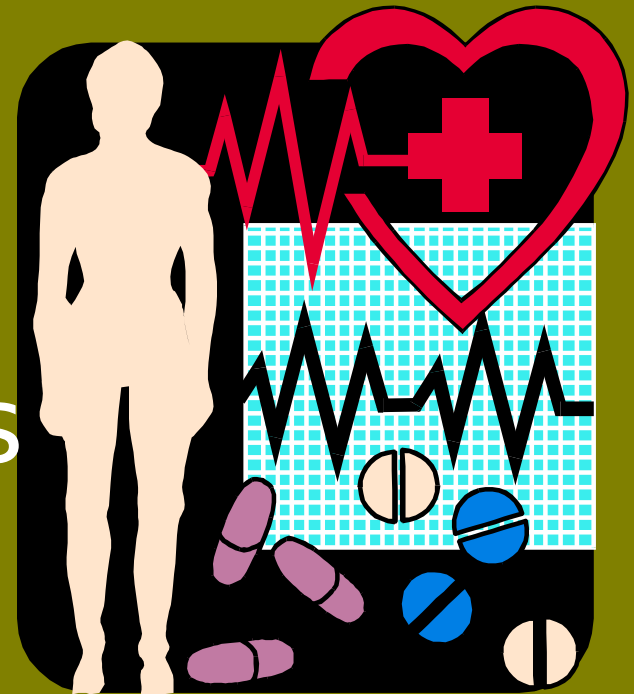
# Keeping it Low: What Can You Do?

- ✓ Healthy diet
- ✓ Weight control
- ✓ Exercise
- ✓ Stress management
- ✓ Quit smoking
- ✓ Watch medications



# Keeping it Low: What Your Doctor Will Do?

- ✓ Medications
- ✓ Other treatments



# What is Cholesterol?

- ✓ LDL = Bad cholesterol
- ✓ HDL = Good cholesterol
- ✓ Triglycerides = Slow moving fat droplets



# What is Normal?

<u>Category</u>	<u>Good</u>	<u>High</u>
<b>HDL</b>	<b>&gt; 35</b>	<b>Not Applicable</b>
<b>LDL</b>	<b>&lt;130</b>	<b>&gt;160</b>
<b>Triglycerides</b>	<b>&lt;200</b>	<b>&gt;400</b>

**\*Values between “Good” and “High” are considered borderline high.**



# Risk Factors

- ✓ Family history
- ✓ Diet



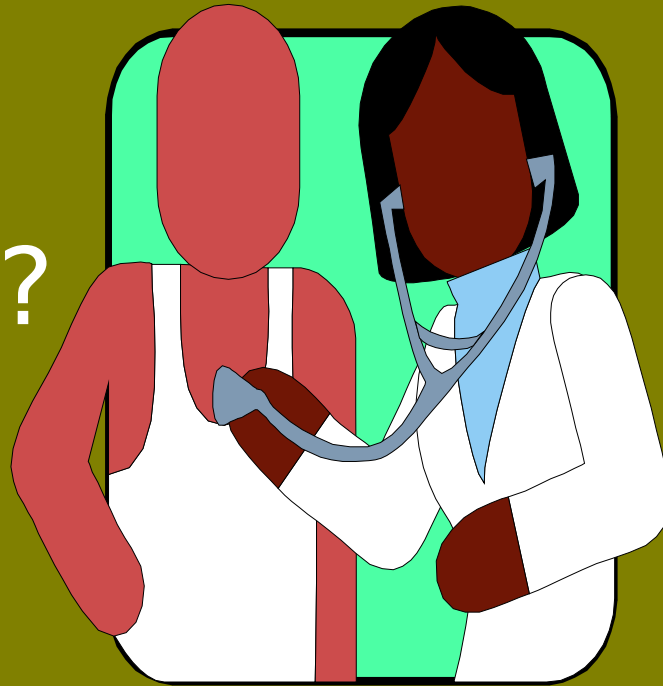
# Cholesterol: What Can You Do?

- ✓ Reduce animal products in diet
- ✓ Exercise
- ✓ Maintain a healthy weight
- ✓ Quit smoking



# High Cholesterol: What Your Doctor Will Do?

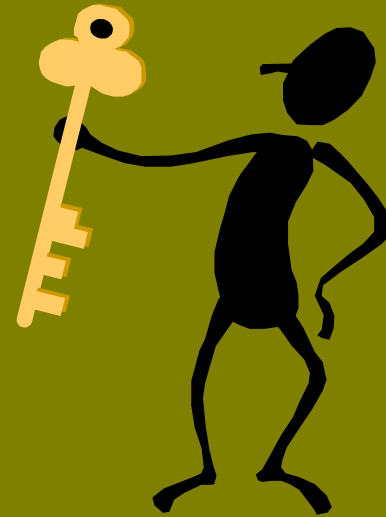
Medication?





# Summary

- ✓ Eat healthy
- ✓ Reduce fat intake
- ✓ Exercise
- ✓ Quit smoking
- ✓ Measure BP and cholesterol regularly



**BE HEART HEALTHY!**

